

# PLYOMETRICS

## WORKOUT PROGRAMS



## Throwing Plyometrics Workout:

### Chest Throw

1. Stand opposite a partner with feet shoulder width apart and knees slightly bent.
2. Using both hands hold a medicine ball to your chest and throw it to your partner with a pushing action.
3. The pass should be explosive as though you are pushing someone away from you. Avoid snapping your elbows however.
4. Have your partner throw the ball back and repeat. You could also perform this drill against a wall.

### Squat Jump Throw

1. Stand with your feet shoulder width apart and knees bent. Hold a medicine ball to your chest.
2. Squat down until your thighs are parallel to the floor.
3. Jump vertically while simultaneously driving your arms and the ball up. Do not release the ball.
4. As you land repeat immediately. Try to minimize contact time with the ground.
5. As with all plyometric exercises the emphasis must be on quality NOT quantity. Concentrate on explosive movements with both the arms and legs for each repetition.

### Pullover throw

1. Lying on your back with knees bent, have your partner stand about 10 feet away.
2. Hold a medicine ball directly over your chest with your arms extended.
3. With your arms still extended, lower the ball behind your head as far as you can... if you can touch the floor with the ball great!
4. From this position throw ball forward toward your feet releasing it when your arms are over your chest and abdomen.
5. Have your partner pass the ball back to you and repeat.

### Side Throw

1. Stand side on, with your partner about 20 feet to your left. Keeping feet shoulder width apart and knees bent place your right foot slightly in front of your left.
2. Hold a medicine ball with both hands directly in front of you. Keep your arms extended and parallel to the floor.
3. Swing ball as far to the right as is comfortable allowing your hips to turn with your arms. From this position...
4. Immediately swing the ball to your left throwing the ball to your partner.
5. Repeat for the desired number of repetitions and then repeat for the other side to complete one set.

### Shot Put

1. Stand opposite a partner with feet shoulder width apart and knees slightly bent.
2. Hold a medicine ball in your left hand. Place the back of your hand against the front of your left shoulder. The medicine ball should be facing your partner.
3. Shot put the ball as forcefully as possible to your partner. Avoid snapping the elbows however.
4. Have your partner throw the ball back and repeat with your right arm. You could also perform this drill against a wall.

<http://www.sport-fitness-advisor.com/plyometricexercises.html>

## **Sprinting Plyometrics Workout:**

### **Tuck Jumps**

1. Stand with feet shoulder-width apart and knees slightly bent.
2. Jump up and bring your knees to your chest.
3. As you land repeat immediately keeping ground contact time to a minimum.
4. Repeat for the desired number of repetitions.

### **Depth Jumps\***

1. Stand on a box, bench or sturdy chair approximately 30-40cm high.
2. Step off the bench (don't jump off) and as soon as you land explode vertically as high as you can.
3. Try to minimize ground contact time i.e. don't sink down into a deep squat before jumping up.

### **Bounding**

1. Mark out a series of small cones or obstacles about 3 feet apart in a straight line. The number of obstacles depends on the number of repetitions you are performing.
2. Start behind the first obstacle in a semi squat position.
3. Jump as high and far as possible over each obstacle. It's a good idea to practice first to gauge how far apart you should set the markers. Again try to minimize ground contact time.
4. You can use anything to jump over, a training top or even just a line on a track.

### **Hurdle Jump With Sprint\***

1. Place 3 hurdles a few feet apart. Set them to knee height to begin with.
2. Stand with your feet shoulder width apart behind the first hurdle. Knees should be bent in a squat position.
3. Jump over the first hurdle. As soon as you land jump the next hurdle. Keep ground contact time to a minimum i.e. don't squat right down as you land.
4. As you land after the final hurdle sprint for 20 yards.
5. As with all plyometric exercises rest thoroughly (3-5 mins) before repeating.

\*These are advanced plyometric exercises. You must have an **EXTENSIVE** training base and experience of performing plyometric. These plyometric exercises are not suitable for beginners and athletes under 16.

## Other Plyometric Exercises:

### Jump Running

This is one of the easiest plyometric exercises. Simply run in 'slow motion' landing on alternate feet. Try to achieve as much height and distance with each stride as possible.

For every right and left foot strike, count one repetition.

### Lateral Jumps\*

1. Stand alongside a bench, box or cone approximately 30cm high.
2. Keeping your feet hip distance apart jump sideways as high over the obstacle as possible.
3. Immediately jump back to the start position minimizing ground contact time. This counts as one repetition.
4. You can use anything to jump over, a training top or even just a line on a track. Just make sure you discipline yourself to jump as high as possible.

### Ricochets

1. Mark out a small box shape on the floor (about 2 feet square) with paint or chalk.
2. Keeping your feet together, start at one corner of the box and perform small jumps from corner to corner in a random manner.
3. For this exercise the emphasis should be on speed and rate of leg movement rather than height.
4. Each ground contact is 1 repetition.

### Single Leg Hops

1. Standing on one foot bend your knee slightly.
2. Staying on the same foot try to gain as much height and distance with each hop. Keep ground contact time as short as possible.
3. Hop for the desired number of repetitions and repeat with the other leg.

### Overhead Throw

1. Stand opposite a partner with feet shoulder width apart and knees slightly bent.
2. Hold a medicine ball above you head, arms fully extended.
3. With your arms still extended stretch your arms backward to move the ball behind your head. Try not to arch your lower back too much.
4. Throw the ball to your partner releasing it just behind or above your head.
5. Have your partner throw the ball back and repeat. You could also perform this drill against a wall.

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## Upper Body Plyometric Exercises

### Chest Throw

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3. The pass should be explosive as though you are pushing someone away from you. Avoid snapping your elbows however.
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2. Squat down until your thighs are parallel to the floor.
  3. Jump vertically while simultaneously driving your arms and the ball up. Do not release the ball.
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## **Lower Body Plyometric Exercises**

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The great thing about plyometric exercises is the small amount of equipment they require...

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## **The Equipment You Need... And Don't Need For Plyometric Exercises**

I've seen a simple box selling for \$269 and a pair of shoes for \$110. The fact is...

You can adapt most plyometric exercises and programs around whatever facilities you have or don't have. The only piece of equipment you really need is a medicine ball.

For upper body plyometric exercises you need a medicine ball with an excellent grip and that doesn't bounce. The weight of the ball depends on your strength level...

Generally 6lb and 8lb are good for beginners. Advanced athletes may require up to 15lb medicine balls. Remember though...

It's **not** the weight of resistance that is important in plyometric exercises, it is the **speed and quality** of the movements.

Medicine balls can be used for a whole host of exercises... not just plyometric exercises.

**Plyoballs** and **Mediballs** are used by a lot of professional athletes. Have a look into them if you plan to incorporate a lot of upperbody plyometric exercises into your or your team's training. [You'll find them at Bodytrends.com](http://Bodytrends.com)

This is just a small selection of plyometric exercises to get you started. Plyometric training can be **very** effective - and few of your competitors will be doing it right. But you must get it right...

Don't just throw a few plyometric exercises haphazardly into your routine. Plan them carefully around the other elements of your training program.